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## **THE ULTIMATE JOURNEY**

*Interview with Bob Monroe*

The Ultimate Journey is the working title of Bob Monroe's new book. The following interview deals with Bob's thoughts on this new project, which he says is currently "fairly well outlined."

*Q: What is the ultimate journey?*

A: That's the trip we all take when we exit this reality system — I don't like to use the word death because of the negative implications it has in our culture. I've been developing the structure and tone of this book the same way I developed the structure and tone of *Far Journeys*: by sharing tidbits of it with *GATEWAY VOYAGE*® participants during my evening presentations and seeing how they swallow and digest the concepts. The problem in writing such books is not in the knowing of the material, but in how to translate it into a form that is understandable... not necessarily acceptable, but understandable to our culture.

*Q: Would you care to share some of those "tidbits" with us?*

A: Basically, we exist in waveforms. One key waveform is our entry point at birth and our exit point at death. That portion of the sine wave represents the "here", implying that the other half of the waveform, above the baseline, represents a "there", of which normal consciousness has little or no access or memory. When we examine that waveform more closely, we see that it is primarily a carrier for another waveform with a slightly different baseline. We spend approximately 2/3rds of our time below the line in wakefulness and 1/3rd above the line in sleep — another "here/there" situation. And in theory, there's another, tighter sine wave imposed on waking consciousness and we're probably spending half our time "here" and half "there." For example, we know our perception of being "here" is limited by frequency. Just as when we see a series of still pictures flashed before our consciousness at 24 frames a second we see it as "motion pictures." That implies we might have the same limitation of perception in physical-matter reality and we are simultaneously existing elsewhere.

And realize this is only a two-dimensional model for basic understanding. When you add a third dimension, and 360 degrees and fractions thereof around that baseline, the implications are tremendous.

One of my favorite questions is: Does *HEMI-SYNC*® and the *GATEWAY* process enable us to perceive these other realities? The book takes the premise that exit/death and survival beyond it is just as natural as entry/birth. If the average person can realize that he already has a great deal of experience "there," the whole process becomes far more understandable and far less

frightening. Additionally, we are at a point in human existence that we can become much more aware of our “unconscious” self or selves.

Probably many of those now in mental institutions are simply more aware than most of these other existences and just do not know how to integrate this knowledge.

*Q: Why are most of us unaware of these other parts of our consciousness?*

A: Probably for a number of reasons. In the past, it's been essential for the survival of consciousness—and that's usually translated into the overwhelming desire for physical survival. Apparently, there are certain things that can only be learned in a physical environment with this separation of consciousness. If one fully understood the “there” at all times, the scenarios we play out wouldn't have the same learning or growth potential.

*Q: Why do you think humankind might now be ready to understand the “there?”*

A: This is not to say that other small segments of human culture haven't understood this before... but now, a significant number of humans (certainly not the majority, but apparently enough) have grown intellectually so as to consider this other aspect and are able to receive input about this other reality without it destroying their consciousness. That's part of the learning process. The big barrier now is learning how to cope with it emotionally.

As this new overview comes into being, it can mean living a far more fulfilling life in physical-matter reality. And my intent in *The Ultimate Journey* is to provide those who are able to take such an overview with some very basic tools and exercises that will assist and accelerate the process. It will also provide various affirmations that can help those who are suffering from a terminal illness to “let go” and take the ultimate journey. I'm considering a subtitle: “Death, There is No Sting.”

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